Doctor Dissertation

Introduction to Healing with Flower Essences

By Saiyra N. Akbar

Chapter 1 – Introduction

"True cure is offered by the flower essences, which cure, "not by attacking disease, but by flooding our bodies with the beautiful vibrations of our higher nature, in the presence of which disease melts like snow in sunshine." Therefore, "We no longer fight disease, no longer oppose illness with the products of illness: no longer attempt to drive out maladies with such substances that can cause them: but on the contrary, to bring down the opposing virtue which will eliminate the fault."

www.HowFlowerEssencessandHomeopathyDifferaccordingtoDr_EdwardBach.mht

Flower essences is a vibrational healing system that is based on a negative personality-based diagnosis. The diagnosis is based on the fact that disease stems from negative thoughts and emotions, so they work to change them to their positive counterparts. The essences of flowers treat the negative personality, and negative states of mind, by considering the emotional and mental behavioral patterns of the patient and transforming it to a positive state. Furthermore, flower essences affect the vibrational energy of the individual to transform the negative personality traits and state of mind to a positive state by raising the vibrational frequency of the individual. This increased frequency moves at a faster rate, releasing block/stagnated energy, resulting in a shift to a higher consciousness. This brings about healing and well-being.

Flowers have been adorned by all cultures and civilizations and in all times. The history of flowers is very ancient indeed, all cultures and traditions practice the cultivation and use of flowers in one form or another. Flowers are as old as planet earth and hold the wise old energy of the earth itself.

In modern times, Dr. Edward Bach discovered the vibrational energy of the flowers and used them to create the flower essences to heal the psyche and the various negative states of mind that are the source of most diseases known to humans.

The essences of the flowers come from the moisture of flowers; this is the part that holds the vibrational healing power. They are natural plant healers made from all the essential elements of the world, the higher vibrations of the earth, the sun and water, and they work at the source of the illness to create change in the vibrations.

Flower essences is based on vibrational energy and as everything in creation holds a certain vibration that is unique to itself, flowers also hold positive vibrations of the highest order. They have the power to correct personality flaws by reversing the behavioral patterns, which is done by shifting the negative vibrations from negative emotions and thinking patterns have caused an imbalance between the positive and negative vibrations in the human energy field, which surrounds the physical body. An increase of negative vibrations slows down the natural energy flow and persistent and repeated negative habits causes a destructive pattern to form resulting in disease.

An illness arises when we move away from our true self, our natural energetic flow. When we move away by going against the divine in us, our higher self, we cause an imbalance of energies to occur by thinking negative thoughts and feeling negative emotions. These eventually become bad habits bringing the individual to resonate at a lower frequency then they should. Flower remedies bring positive, faster vibrations to the human system to transmute the negative vibrations of our state of mind to move to the higher vibrations of the flower remedies. Thus, bringing about healing and wellness, in a gentler and lasting way. When an illness occurs it is an indication that a change of lifestyle is needed.

Remedies are prescribed according to what state of mind their personality displays. For example, if the patient is persistently acting nervous, fidgety or lives in chronic fear than the flower essence that would be prescribed would be Mumulus. The negative emotions would change to a higher vibratory emotion like courage, calm, and understanding of others.

There are basically two methods to prepare the flower essences: ”The Sun Method” and “The Boiling Method.” Both methods create the “Mother Tincture” from which further diluted tinctures are made. These further diluted tinctures are called “Stock Concentrates,” which is sold to the general public for healing purposes.

Today, there are many varieties of flower essences available. The following are a few of the most common ones that I found intriguing:

1. *Bach Flower Remedies*
2. *Australian Bush Flower Remedies*

3. *Findhorn Essences*
4. *California Essences*
5. *Mary Garbalys Essences*
6. *Spirit-in-nature Essences*
7. *Alaskian Essences*
8. *South African Flower and Gem Essences*
9. *Angel Essences*
10. *FES Essences*

In this paper, I will be explaining and supporting how flower essences heal by affecting the vibrational energy of the negative personality traits and states of mind of the individual and works to transmute and raise them to their positive vibrational counterparts.

Chapter 2 – Review of Literature

The following are a list of books that I have used in writing this paper. I was really impressed with David F. Vennel's book, "Bach Flower Remedies for Beginners." David has been using Bach Flower Remedies for ten years and is a teacher of Reiki and Reflexology. Using his knowledge of Energy Medicine, he has created a whole system of healing for the mind and body from a Buddhist perspective. His book describes in detail his extensive knowledge of Bach Flower Remedies and how they affect the mind, body, and soul.

Another great book is "Flower Remedies: Natural Healing with Flower Essences," by Christine Wildwood. Christine is an expert in aromatherapy, meditation, and deep relaxation. She is also a trained Bach Flower Practitioner and a Holistic Healer. She explains in detail how flower essences work to heal the negative traits of an individual by transforming them to their positive counterparts.

Another great resource that I really inspired me was "Hands of Light," by Barbara A. Brennan. This is truly an amazing book, explaining in detail how energy medicine works on our own energy fields, the aura. This book focuses on healing through a metaphysical perspective, paradigm shifts, and how our own thoughts and emotions affect our auric fields, which eventually leads to a diseased state. Barbara goes on to explain the cause of illness lies in our negative thoughts and emotions and how we can heal ourselves by focusing on healing the energy fields and subtle centers of our anatomy. Barbara was a research scientist for NASA and holds a M.S. in Atmospheric Physics from the University od Wisconsin. She is also a psychotherapist and

is an energy medicine healer working with the human energy field for the past fifteen years. Barbara is also a trained Bioenergetics Therapist.

"Heal Thyself" by Dr. Edward Bach is another great resource. Dr. Bach was a practicing Medical Doctor and an expert on Flower Essences. He created thirty-eight flower remedies for thirty-eight different states of mind. "Heal Thyself" explains in detail how negative thoughts and emotions affect the physical body and cause illness to manifest. He further elaborates how disease can only be eliminated fully by correcting the imbalances in mind and spirit.

Ian White's "Australian Bush Flower Remedies" is also a very informative booklet on flower essence. Ian White is an Australian Naturopath and Homeopath. He holds a Bachelor of Science degree from the University of New South Wales. He is well-known around the world for his Bush Essences. His book is very descriptive about Australian Bush Remedies and what negative personality traits they target and what their outcomes are.

Diane Stein is another well-known metaphysical healer and her book, "Healing with Flower and Gemstone Essences," is well-written and a great resource for how flower essences work to heal and rebalance the human energy field. She explains how flower essences work by explaining that plants also have positive and negative feelings, and how these feelings interact with human beings on a psychic level. She reveals that the psychic communication is used in the creation of flower remedies, and making flower essences with conscious awareness and cooperation of the plants being used, one is able to create a potent essence full of positive vibrational energy.

Another great book is "The Subtle Body: An Encyclopedia of Your Energetic Anatomy," by Cyndi Dale. This book explains the subtle bodies and the different parts that make up the Energy Systems. Cyndi further explains the real cause of disease, how disease arises when there is an imbalance in the vibrational bodies and subtle energies of our being. Healing can take place by balancing our energies. Cyndi lives in Minneapolis, MN and is president of Life Systems Services. She is a healer and an expert on Energy Medicine, and works all around the world. She has written numerous books and has been trained in intuitive healing, energy healing and shamanism.

Another amazing book is "Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality," by Donna Eden and David Feinstein Ph.D. Donna is an authority on energy healing and she used this knowledge to heal herself of multiple sclerosis. She also has the ability to see energy fields which enables her to help others also.

"Turning to Nature: The Healing Flower Remedies," by Marion-Webb De-Sisto is another great book on the healing power of flower essences. This book explains in great detail the work of Dr. Edward Bach's Flower Essences and how they work to heal. He also explains the causes of disease and how to choose the correct essence. The thirty-eight flower essences are described in detail. Marion is a registered Bach Flower Practitioner and Reiki Master.

"Vibrational Medicine: New Choices for Healing Ourselves," by Richard Gerber is another great metaphysical book. This book explains how energy medicine works on the subtle bodies and the physical body to bring about healing. It explains how flower essences work to heal from a vibrational point of view. The High ordered vibrations of flower essences take over the lower vibrations of the personality to bring about healing. It also talks in great detail about various other vibrational energy medicines such as gem elixirs, homeopathy, and color therapy. Richard Gerber lives in Michigan and is a Medical Practitioner, and with his knowledge on internal medicine and energetic medicine he has created a holistic approach to healing, which emanates through his book.

Chapter 4 – Findings

History

For centuries flowers have been used as symbols of love, affection, friendship, special events, marriage, death, etc. Flowers hold vibrations that make us feel good. Their beauty, fragrance, rich color springs forth from the earth each spring, bringing about a renewal of life. In the summer, their full bloom spreads out through the warm, sunny days. Flowers have been used to bring about well-being, health, and peace of mind since ancient times by many cultures in the form of essences and oils. Around the world many cultures practice the cultivation of flowers, such as Australia, Africa, India, Egypt, Persia, and the Inca People. The Ancient Chinese used the art of extracting the dew from flowers to create essences to heal psychological disorders and mental disharmony.

Man has been attracted to nature, throughout the history of the earth. Since the beginning of life, wherever humans have established settlements, and have lain out their patterns of belief, their needs for flowers and plants have accompanied them through. Flowers have been used for religious purposes, for their sweet-smelling scents, for their eye-catching beauty and

for their healing power. They bring on feelings of all that is good on the earth. Moira Savonius says in her book, "All Color Book of Flowers," that the cultivation of flowers began from cultures like Egypt, China, The Inca Kingdoms, and The Persians and Aztec People. Along with that the ancient continents of Australia and Africa also reverberate with pure, wise energy and bring forth that pure energy in their flowers.

In Australia, the aboriginals also practiced the use of healing with flower essences. There is a story of a young boy afflicted with polio. The elders of his tribe dug up a pit and placed heated rocks and flowers on top. Then they took the boy and placed him on the flowers and buried him up to his neck in flowers and earth filled with moisture. The heated rocks created steam and mixed with the flowers, creating natural flower essences. The boy laid buried the whole day. At nightfall he was taken out and to everyone's surprise he was healed. The polio had completely vanished. They had unknowingly increased his vibrations to a higher frequency, by flooding his system with high ordered vibrations of the earth, flowers, and heat of the sun, thus causing a miraculous healing to come about. A large quantity of flower essence was created in this healing technique, which resulted in curing the boy from polio. Furthermore, Ian White confirms the use of flowers in history, in his book, "Australian Bush Flower Remedies,"

"Flower Essences are not something new. The Australian Aborigines have always used them to bring about emotional balance, as did the ancient Egyptians. They were also very popular in the Middle Ages. Paracelsus in the 15th century wrote how he collected the dew from flowering plants and diluted it to treat emotional imbalances.

Paracelsus was a known mystic who practiced the many arts of healing from nature. He used the essences of flowers, collected from the dew of flowers to heal emotional disorders. Hippocrates the founder of medicine and the famous Hippocrates Oath and Samuel Hahnemann the founder of homeopathy also used plants and flowers essences along with herbs to bring about healing.

The Roman and Greeks were known to create sweet smelling perfume through burning crushed flowers (incense) or putting them in water for relaxation bath. One of the most common flowers to be used by them was lavender. Lavender as we know it creates a calm, peaceful relaxing state. When mixed with warm water it is like flower essences.

On the esoteric level, it is believed that the Lemurians and Atlanteans also used flower essences to heal. Richard Gerber in his book, "Vibration

Medicine: New Choices for Healing Ourselves," says that, "Additional discussion on the origins of flower essences in healing goes into great detail on their use in ancient, esoterically described civilizations such as Atlantis and Lemuria."

In South-East of Asia the history of the Buddhist monks reveals how the Buddhists monks created flower gardens for healing the psyche and emotional disorders and disharmony in their monasteries. These gardens were full of flowers of all kinds. It was a place of sanctuary where people from around the world came to heal. Remarkably similar to the ancient Greeks with their healing temples. The monastery gardens held a huge variety of flowers. The monks would choose the flowers according to the individual's state of mind and put it into the water to bask in the sun. Once the remedy was prepared it would be given to the individual to drink.

So, we see that flower essences in fact in not something new, but something that has been re-discovered again.

Dr. Edward Bach

In the past fifty to sixty years there has been a revival of flower essences as a healing modality. In 1929 Dr. Edward Bach rediscovered the first three flower essences of his famous thirty-eight Bach Flower Remedies. From here on a new vibrational energy medicine was discovered. Dr. Edward Bach was a practiced medical doctor, and through his experience with illness close up he discovered that the practical modern medicine could suppress the disease but not move it entirely from the being, it would come back in another form. So, the desire arose in him to find a cure that would heal disease fully and eliminate it from the source, so that it would not return in another form. So, he began to experiment with different bacteria measuring its effects of curing an illness. This eventually led him to notice similar behavior pattern and states of mind being experienced by individuals with the same disease.